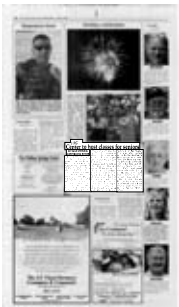


Boiling Springs  
Sentry  
Boiling  
Springs, SC  
Circ. 7680  
From Page:  
2  
7/4/2007  
61109



135  
**Center to host classes for seniors**

**BY DAVID STEPHENS  
CONTRIBUTING WRITER**

In a partnership with the Senior Centers of Spartanburg, the Family Resource Center in Boiling Springs will present a series of classes, "Living Well in South Carolina." The classes will be for persons aged 60 and above residing in the Boiling Springs who are living with chronic diseases such as heart disease, high blood pressure, diabetes, cancer, etc. The classes are being taught as part of a

three-year grant provided by the Lt. Governors Office on Aging and are a Stanford University program that is being taught worldwide.

Classes will be held in the Family Resource Center Media Center on the following Tuesdays: July 17, July 24, July 31, Aug. 7, Aug. 14, and Aug. 28. Classes will begin at 9:30 a.m. and end before noon. They are designed for a maximum of 18 participants. To enroll, call (864) 562-4291 and speak with Pat Ruff. Yvonne

Anderson or Pat Young. You may also contact Kelley Ezell at the Family Resource Center at (864) 579-1379. There is a nominal \$5 fee to help offset the cost of the book and CD that accompany the classes. Each participant receives the book, "Living a Healthy Life with Chronic Conditions," and a relaxation tape or CD.

The Upstate Family Resource Center is located at 1850 Old Furnace Road, which formerly housed the Boiling Springs Middle School.